

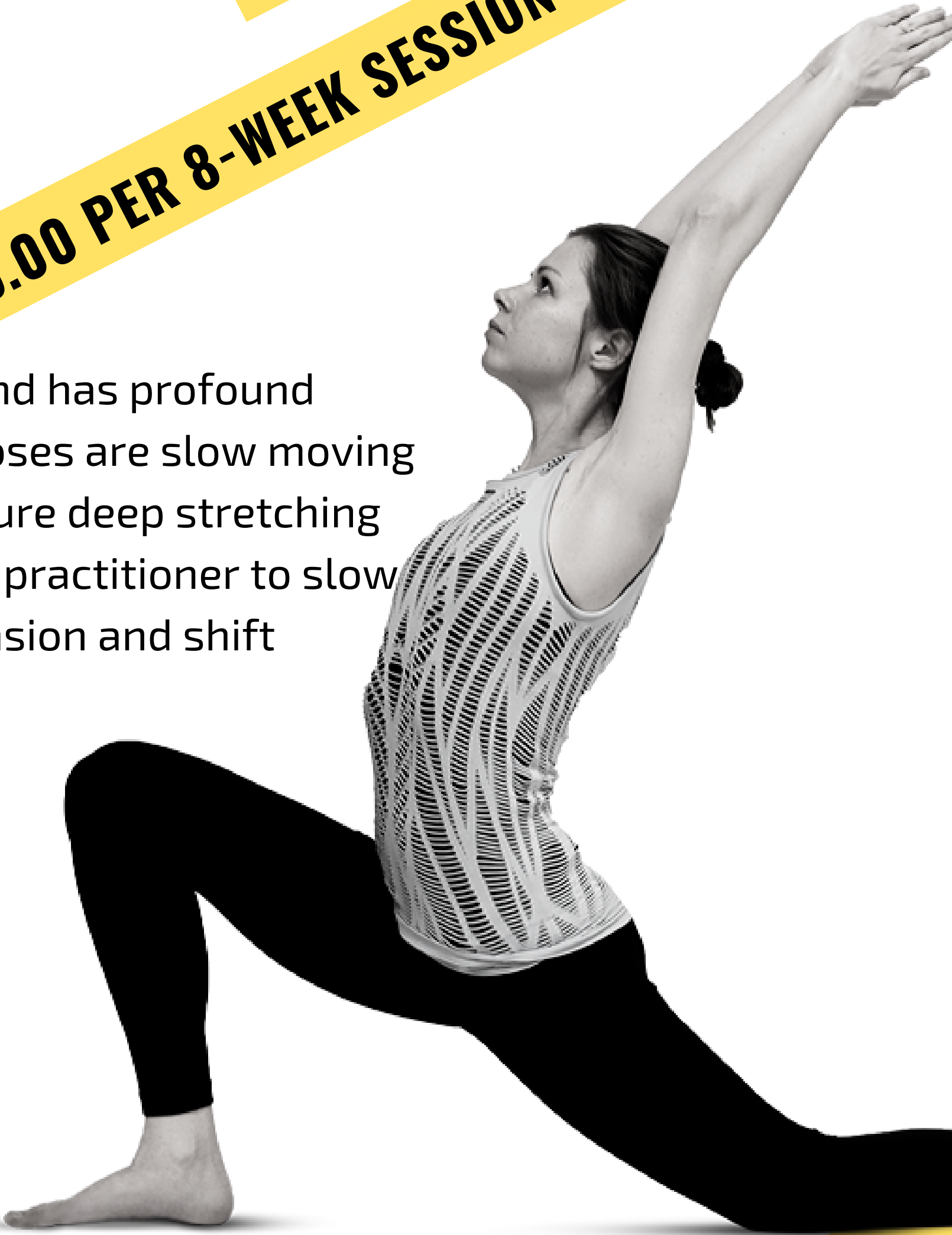
TOWN OF BROOKHAVEN  
DEPARTMENT OF PARKS, RECREATION & SPORTS, AND CULTURAL RESOURCES

# GENTLE YOGA

**\$45.00 PER 8-WEEK SESSION**

Gentle Yoga is appropriate for all levels and has profound benefits to the human nervous system. Poses are slow moving and held for longer periods of time to ensure deep stretching and relaxation. Gentle Yoga will allow the practitioner to slow down, connect with breathing, release tension and shift perspective.

**HENRIETTA ACAMPORA  
RECREATION CENTER**  
39 MONTAUK HIGHWAY  
BLUE POINT, NY 11715



**WEDNESDAYS, 6:45PM -7:45PM**  
February 5, 19, 26, March 4, 11, 18, 25  
April 4

Pre-register by Friday, January 31, 2020  
Call 631-363-5193 for more information or to register.

- \*Acceptable payments include check, money order & credit card.
- \*No cash payments accepted.
- \*All cancellations, except by the Town, are subject to a 15% administrative handling fee.

Edward P. Romaine, Supervisor  
Edward P. Morris, Commissioner  
TOWN COUNCIL



Valerie M. Cartright, District 1   Michael Loguercio, District 4  
Jane Bonner, District 2   Neil J. Foley, District 5  
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Donna Lent, Town Clerk  
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Daniel P. Losquadro, Superintendent of Highways  
631-451-TOWN

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